

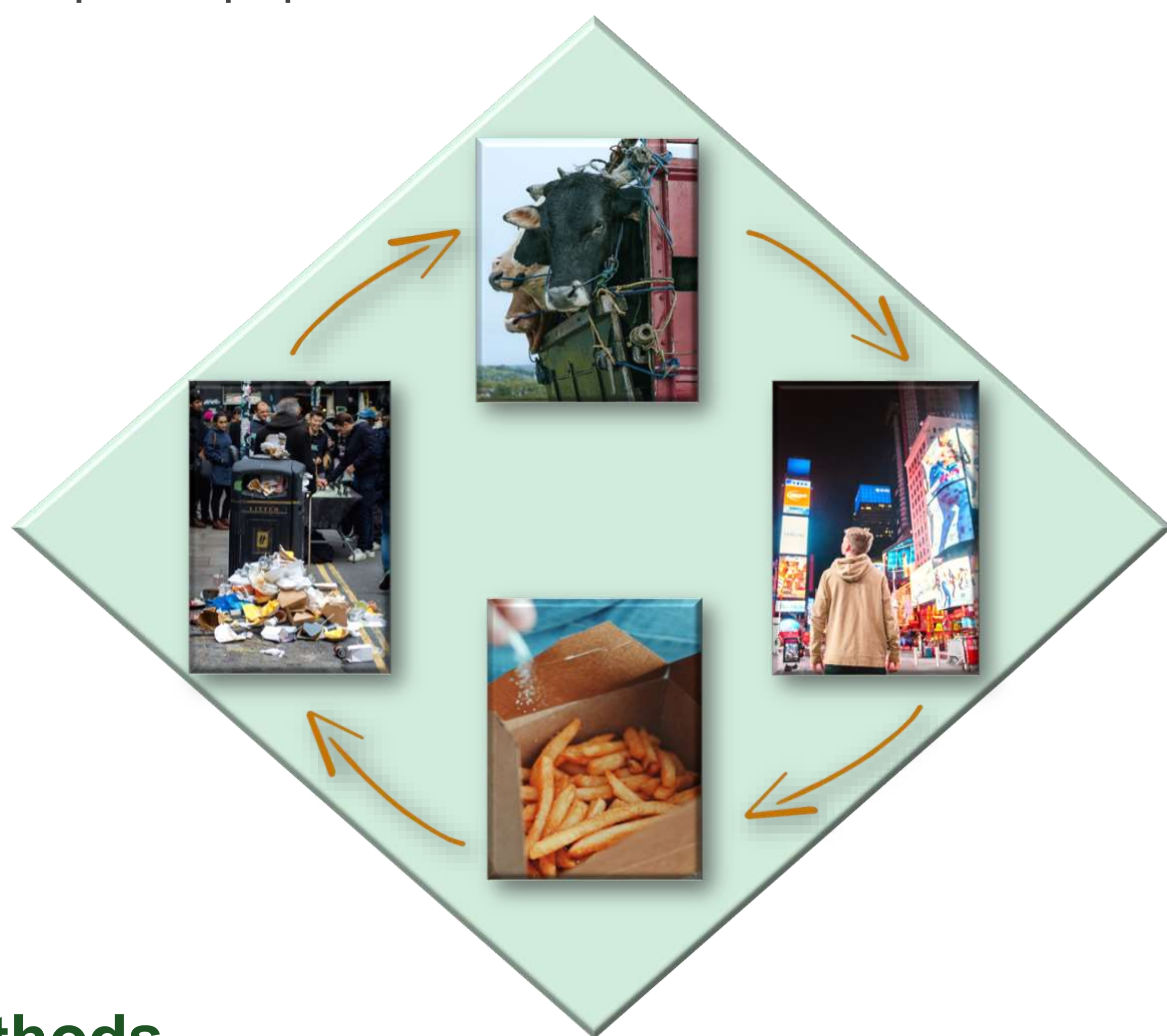
Perceived effects of recommended food systems policies on nutrition, nutrition-related inequalities and the environment: results of a survey among international food policy experts.

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Introduction

Food systems impact both human health and the environment. A transition to sustainable healthy diets can reduce the food systems' environmental impacts and improve population nutrition outcomes.



Methods

- Recommendations to create sustainable food systems were compiled from 23 sources.
- A survey among experts was conducted to assess their effect on undernutrition, obesity/NCDs, environmental sustainability, inequalities and women's empowerment.
- Using Likert scales, experts rated the effect of the policy as "positive", "negative", "neutral", "non-applicable" or "unknown".
- The survey was sent via email and participation was voluntary.

We conducted a survey among international food policy experts that analysed the perceived effect of food systems recommendations to be implemented by governments on nutrition, nutrition-related inequalities and the environment. The objective was to identify those with 'double' or 'triple duty' potential.

Findings and interpretation

- For the domain of food supply chains (FSC), 141 recommendations were identified, whereas 150 were identified for food environments (FE).
- When merged according to the specific areas of focus, the final list included 27 good practice policies (GPP) for FSC and 19 for FE.
- Twenty-seven survey responses were recorded, 9 for FSC and 18 for FE.
- The majority of the GPPs evaluated (n=35, 76%) were considered to have positive effects in all the outcomes analysed.
- Of the 46 GPPs, 15 were identified as having potential triple duty effect in environmental and nutrition-related outcomes, and were also considered to be beneficial for nutrition-related inequalities.
- A total of 13 GPPs were considered to have double-duty potential, either for the double burden of malnutrition, or for nutrition and environmental outcomes together, of which 11 were also considered to be beneficial for nutrition-related inequalities.

Conclusions

More than half of the proposed GPPs are considered to have double or triple duty potential, with a majority of them also considered to be linked to positive effects on nutrition-related inequalities.

Differences regarding the outcomes impacted by the indicators were found when analysing the results separately by domain, with a clearer impact of FSC's GPPs on environmental sustainability, and for FE's GPPs on obesity and non-communicable diseases.